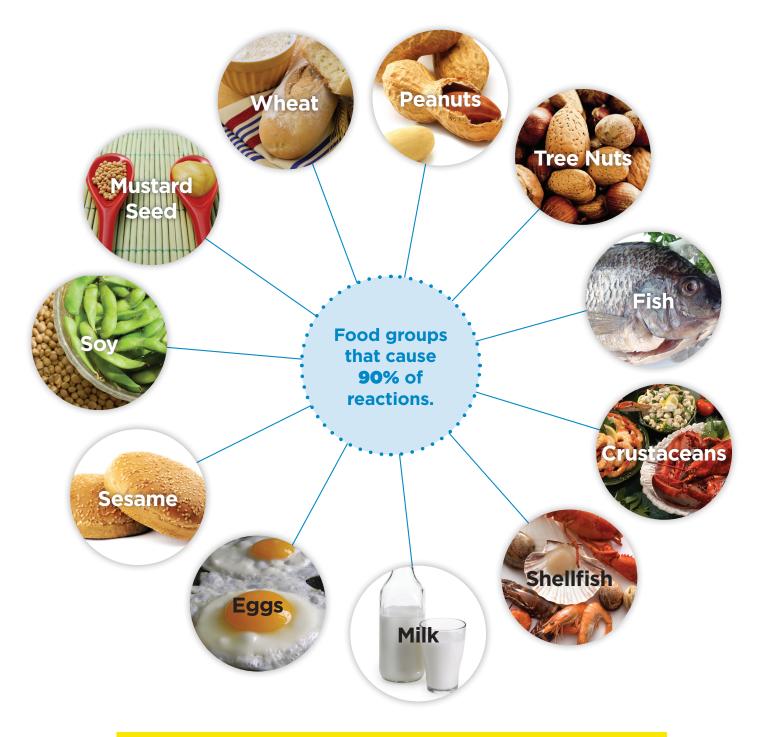
## **Common Food Allergens in Canada**

Health Canada has identified the following foods as priority allergens.





While these foods trigger 90% of reactions, it is important to recognize that this is not an exclusive list. Any food can trigger a reaction!







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